



CANADA
4-H Nova Scotia

First Aid

Virtual Guide



Activity Ideas

Activity #1:

Prepare a first aid kit

Activity #2:

Have members choose one item and explain how it can be used several ways

Activity #3:

Ask members to think of everyday items that could be used in an emergency

Activity #4:

Give a scenario and ask what they would do

Activity #5:

Complete a first aid plan.

Guest Speaker Ideas

- EHS
- Nurse/Doctor
- Firefighter
- Farmer
- Fisherman

Resources

1. [First Aid Tips - Canadian Red Cross](#)
2. [First Aid on the Farm - Agriculture for Life](#)
3. [8 Safety and First Aid Tips for Kids](#)
4. [Fire safety education](#)
5. [First Aid Games for Kids](#)

